

Mills County

Contact: Sheri Bowen, Mills County Public Health 712-527-9699 Sherib@mcph.us

Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- 66% of Mills County residents are considered overweight/obese as compared to 63% of Iowans. (2008 BRFSS Data)
- 30% of Mills County adults smoke tobacco products as compared to 21% of all Iowans. (2008 BRFSS Data)
- The Heart Disease death rate for Mills Co. residents (220.8), is significantly higher than the State of Iowa (178.5) (2008 BRFSS Data)
- The Chronic Lower Respiratory Disease death rate for Mills Co. residents (67.0) is significantly higher than the State of Iowa (46.0) (2008 BRFSS Data).
- Mills County residents are diagnosed with Breast Cancer, Colorectal Cancer, Cervical Cancer and Lung Cancer at a higher rate than the average Iowan.
- Mills County residents have limited access to healthy foods. (25% for Mills County as compared to the State of Iowa 31%). Local surveys also indicate a need for increased healthy food choices in local restaurants.
- Local survey indicated Mills County residents want improved access to physical activity options including more sidewalks, walking/biking trails and public indoor/outdoor exercise facilities.

Prevent Injuries

Problems/Needs:

None identified

Protect Against Environmental Hazards

Problems/Needs:

None identified

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- Chlamydia rate for Mills County residents (192/100,000) is significantly higher than the national target value (74/100,000)

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- Emergency response is a local concern due to lack of an Emergency Medical Facility in county and a decreasing number of volunteer EMS responders.

Strengthen the Public Health Infrastructure

Problems/Needs:

- Lack of public transportation creates limited access to medical care due to no hospital in county. Transportation issue affects all population groups and creates challenges in multiple areas including medical care, employment, preschool, etc.
- Lack of mental health treatment. Local partners indicate very limited access to in-patient treatment beds for Mills County residents as well as limited availability of treatment programs due to space and funding issues.
- Senior Care is a local concern due to lack of facility for Senior Daycare and limited access to medical care and support services due to no hospital in county and rural locations.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
Decrease percentage of Mills County residents who are overweight/obese to 64% from the current 2008 baseline of 66%.	Strengthen the Healthy Mills County Coalition through the addition of new members and regular meeting activity.	Mills Co. Public Health	06/30/11 and ongoing
	Develop and implement a comprehensive marketing campaign promoting current programming and healthy behaviors for adults and youth.	Mills Co. Public Health and Healthy Mills Co. Coalition	6/30/2011 and ongoing
	Work with community partners to develop community wide strategies to support healthy behaviors. Activities to include: 1. Ongoing NEMS assessments to improve nutritional offerings in area grocery store and restaurants. 2. Increasing access to physical activity locations. 3. Walkability assessments 4. Policy improvements to support walkability 5. Promotion of breast feeding. 6. Programming to encourage healthy nutrition and increased physical activity.	Healthy Mills Co. Coalition	06/30/11 and ongoing

Goal	Strategies	Who is responsible?	When? (Timeline)
Decrease percentage of Mills County residents who smoke to 26% from the current 2008 baseline of 30%	Strengthen the Healthy Mills County Coalition through the addition of new members and regular meeting activity.	Mills County Public Health	06/30/11 and ongoing
	Develop and implement a comprehensive marketing campaign promoting healthy behaviors for adults and youth.	Mills Co. Public Health and Healthy Mills Co. Coalition	01/01/12 and ongoing
	Advocate for policy change to support tobacco free environment.	Healthy Mills Co. Coalition	6/30/11 and ongoing